



Substance Abuse News

Summer 2000

1 West Wilson Street, P.O. Box 7851

608/266-2717

Internet: www.dhfs.state.wi.us

Madison, WI 53707-7851

Research to Practice Guides Treatment in 2000

Teleconference Training

The BSAS Research to Practice Teleconference training has been a resounding success. Approximately 75-100 persons have been participating in the monthly teleconference at the various sites and have responded to the evaluations in both a positive and helpful way.

The Wisconsin Certification Board has granted the series a "limited endorsement status," which means that the conference may be used for recertification as a transdisciplinary foundations (TF) 700 series.

More Inside

Future Search 2000 Conference	3
Will Moderation Management	
Survive Kishline Tragedy?	3
September: Recovery Month	4
BSAS Plans 6 th Statewide	
Meeting in October	4
The Elephant in the Examining	
Room	4
FDA Contract Denied	4
Alliance Project	5
Needs Assessment for	
Sensory Disabilities & SA	5
Internet Access for	
Counselors by 2001	6
ADA Torch Relay	6
Update on MTP	7

This series is funded by a technical assistance grant through the Great Lakes Addiction Technology Transfer Center (GLATTC).

The sessions began with topics related to assessments and moved into clinical skill development. The topic of the teleconference scheduled for September 12 is titled "Increasing motivation to change behavior – Talk Therapy." Presentation materials are posted on the Bureau web site following each teleconference.

Twenty-five facilities around the state serve as meeting places in their communities where people can further the topic discussion and share information. Milwaukee County Department on Aging is the most recent organization to become a host site. An additional 15 phone lines are reserved for people unable to attend a host site.

For further information, the schedule, available sites and how to participate, contact Jamie McCarville at (608) 267-7712 or e-mail mccarjm@dhfs.state.wi.us. Complete information is also available on the Internet at the Bureau's web site: www.dhfs.state.wi.us/substabuse.

Chapter 75 – Final Rule Effective August 1, 2000

The first major revisions to the 1983 administrative rules on Substance Abuse (HSS 61.50 – 61.38) were effective on August 1, 2000. Administrative rule hearings elicited a wide range of comments, many of which were incorporated into the new rules: HFS 75.

The major features of HFS 75 include:

- A change from certifying *programs* to certifying *services*.
- A new requirement for Uniform Placement Criteria (UPC) or American Society of Addiction Medicine (ASAM).
- Changes in clinical supervision.
- The Addition of a "grandparenting" evaluation.
- Changes in methadone program practices.

Implementation of HFS 75 will proceed over the period of about 18 months. No programs will be in jeopardy during the implementation period.

The Division of Supportive Living/Bureau of Substance Abuse Services will conduct a number of activities as part of the implementation process. These activities include the following:

(See **Rules** on Page 10.)



From the Director

Congratulations to the Bureau of Community Mental Health (BCMH) for their work toward stigma reduction and recovery implementation plans for the mental health field. They have issued a Request for Proposals (RFP) with a unique program design building off of the Blue Ribbon Commission

recommendations. Namely, recovery is a new way of looking at a person evidenced by new beliefs that everyone can get better/improve, that everyone has strengths on which to build, a belief and support that consumers have a right to make choices about their lives, belief in developing a collaborative relationship with the consumer and his/her natural supports to foster recovery, and a belief that consumers must be equal partners in deciding about policies, services, and program development. The goals of this grant project are to educate and increase awareness, increase consumer and family involvement at all levels, create and implement best practice guidelines, and promote the development of partnerships between consumers and service providers to promote recovery.

These are goals for the addiction field as well. We need to advance and emphasize consumer involvement at all levels of our programs in order to demonstrate that treatment works. The Bureau is compiling a list of consumers who wish to be involved in program and policy development. A basic orientation and information meeting is planned for fall. I thank those of you who have answered our call and volunteered to be more involved. You will be hearing from us shortly.

BSAS has projects working toward valuing consumerism as well. The Wisconsin Women's Education Network on Addiction and Recovery through their federal STAR project (Sharing Treatment and Recovery) has developed ten local points of contact for women in recovery—each covering three to five counties. In addition, the WEN newsletter features in each issue a woman who "puts a face to recovery."

The substance abuse women's treatment grants have core values directly relating to consumers, and BSAS is confident that these values are appropriate for all substance abuse services. It is important that the field highlight its treatment successes on solidly-based outcome performance measures. It is also important that consumers carry the message through active participation at all levels of policy and program development. They offer rich experience and help in another very important way—they help to dispel the myths, misconceptions and stigma that are so pervasive and powerful in this field.

Don't forget September is Recovery Month. See article on Page 4.

Substance Abuse News

**Philip S. McCullough, Director,
Bureau of Substance
Abuse Services**

**Jackie Langetieg, Editor
Bureau of Substance Abuse
Services**

**Contributing Staff: Susan Endres
Jamie McCarville, Gary Nelson,
Vince Ritacca**

Guest: Henry Steinberger, Ph.D

The Bureau of Substance Abuse Services in the Department of Health and Family Services' Division of Supportive Living endeavors to increase the quantity and improve the quality of prevention, intervention and treatment programs serving persons with substance abuse problems and their families; improve coordination among state agencies and within DHFS having responsibilities for substance abuse services; and improve substance abuse work force training and development.

Substance Abuse News is published quarterly by the Department of Health & Family Services, Division of Supportive Living, Bureau of Substance Abuse Services. Contents may be reproduced without permission.

Send items for inclusion to:
Substance Abuse News, Bureau of
Substance Abuse Services, 1 West
Wilson Street, PO Box 7851,
Madison, WI 53707-7851; Telephone
(608) 267-7164; FAX (608) 266-
1533; or e-mail:
langejb@dhfs.state.wi.us

Fall/Winter Issue Deadline
November 1, 2000

Future Search 2000 Conference

By Richard Aronson, M.D.
Division of Public Health

Frequent drinking among women of childbearing age is estimated to be 19.4 percent in Wisconsin. Recent survey data show that 68 percent of pregnant women report they stop drinking during pregnancy, but 32 percent do not. There are an estimated 14 to 68 Fetal Alcohol Syndrome (FAS) cases each year in Wisconsin. Fetal Alcohol Syndrome and Fetal Alcohol Effects cost nearly one billion dollars per year and represent the leading cause of preventable mental retardation in the United States. An important strategy for preventing alcohol-related birth defects is a continuing program of education, technical assistance, community supports and the development of better screening techniques to identify women at high risk for alcohol consumption during pregnancy.

A diverse group of 65 people participated in the Milwaukee Future Search Conference. The purpose was to find common ground for sustaining community driven efforts to reduce infant mortality in Milwaukee. The Milwaukee Healthy Beginnings Project sponsored and coordinated the future search conference, which took place over three days from June 29 through July 1, 2000.

There was great diversity at the conference, including AODA stakeholders. The group created a picture of what Milwaukee would look like in 2025 with the lowest

infant mortality in the nation, and developed several short-term and Long-term action steps for creating that picture.

Will Moderation Managementâ Survive Kishline Tragedy?

NOTE: Originally we planned on running a generic article on Moderation Management (MM) as the second part of Alternate Self-help Choices for Addiction Management. However, in light of recent publicity surrounding moderation as an alternative to abstinence in the ABC News 20/20 telecast of June, followed by news that Audrey Kishline, founder of Moderation Management, plead guilty to two counts of vehicular homicide following her arrest for driving while intoxicated in March, BSAS News requested that Henry Steinberger, Ph.D., Professional Advisor to SMART Recovery and Moderation Management in Madison, address this tragedy and how it may or may not affect this movement in Madison. Following is Dr. Steinberger's response.

While the deaths of two innocent people and the results for Ms. Kishline sadden us all, it does not change the fact that many people have succeeded in cutting back or abstaining from alcohol as a result of Moderation Management. People at MM meetings in Madison and on-line have told me of their continuing success. Anonymity prevents me from revealing their names, but many MM members openly discuss their successes and challenges on-line

and they can be viewed at the MM web site at www.moderation.org.

We should note that: (1) MM carries the clear WARNING that MM is not intended for alcoholics or people with serious alcohol problems, but is rather for people with mild to moderate alcohol problems. (2) MM totally opposes driving after any drinking, moderate or otherwise. (3) MM promotes healthy changes: moderate drinking or abstinence, and does not oppose abstinence as an effective goal. Many people do not seek abstinence until they have tried some form of controlled drinking. MM provides a strategy that is most likely to succeed with some people and accurately counsels people who don't succeed to seek professional help and consider abstinence. Deciding who has a mild to moderate problem and who a severe problem is a difficult question, but it ought not lead us to try, usually unsuccessfully, to somehow force everyone into one program or one goal, especially considering that ignoring choice leads people to either not seek help at all or to drop out of treatment or self-help prematurely.

As to the case of Ms. Kishline, she announced that she would seek abstinence in January and had sought help through [a 12-step program] months before she committed her crime. I wouldn't dream of suggesting that this was a failure for any voluntary group or professional she was seeing at the time. That would be unfair, just as it is unfair to claim that MM somehow caused her relapse.

(See **Moderation** on page 11.)

September is Recovery Month

This year's theme, "*Recovering Our Future: One Youth at a Time*," is intended to shift the nation's attention for one full month to the unique needs of adolescents with substance abuse problems. A letter from Nelba Chavez, Ph.D., Administrator of the Substance Abuse Mental Health Services Administration (SAMHSA) and H. Westley Clark, M.D., Director of SAMHSA's Center for Substance Abuse Treatment (CSAT). "Young people with substance abuse problems need access to treatment, few seek help, and those who do often receive treatment that is inappropriate." Donna E. Shalala, Health and Human Services Secretary, writes in her letter to Recovery Month participants: "Youth substance abuse jeopardizes the success of our young people—both today and in the years to come. It also has devastating effects on our nation's families, our schools, our communities, and our quality of life."

To participate in this nationwide response to youth substance abuse, contact the Substance Abuse and Mental Health Services Administration (SAMHSA) through Prevlene on the web at www.health.org/recovery2000. Materials are available that include: a virtual Recovery Month Kit, Recovery Month events, related links, organizations, resources, Recovery Month Press Room, state resources/activities, updates and alerts and the ability to order free materials online. Telephone information may be obtained by calling SAMHSA's National Clearinghouse at (800) 729-6686.

BSAS Plans 6th Statewide Meeting in October

The meeting this year has been expanded from two to three days, beginning at noon on October 9 with registration and ending Wednesday morning, October 11, with a presentation and discussion on the newly promulgated substance abuse standards (HFS 75).

Dr. Richard Rawson, national Methamphetamine expert, will present a breakout session on Methamphetamine Tuesday morning, which will be repeated in the afternoon. For the third year, an open forum hosted by the State Council on Alcohol and Other Drug Abuse (SCAODA) will be offered prior to the opening of the Statewide meeting.

Registration of \$75 (before October 2 or \$85 at the door) includes two continental breakfasts, one reception buffet, one luncheon, breaks and materials.

The Elephant in the Examining Room

"Primary care physicians must stop ignoring this elephant in their examining rooms. Medical schools, residency programs and continuing medical education courses have an obligation to provide the training those physicians need to spot and deal with substance abuse," said Joseph A. Califano Jr., president of the National Center on Addiction and Substance Abuse at Columbia

University (CASA) and former Secretary of the Department of Health and Human Services.

The survey of 648 physicians across the country found that only about 20 percent of doctors felt very prepared to diagnose alcoholism and 17 percent felt prepared to diagnose illegal drug use. In contrast nearly 83 percent (See **Elephant** on page 11.)

FDA Contract Denied

Supreme Court Denies FDA Authority to Regulate Tobacco; decision brings end to retail compliance checks

On March 21, 2000 the U.S. Supreme Court issued a ruling that the Food and Drug Administration (FDA) lacked constitutional authority to regulate tobacco products. FDA had attempted to regulate nicotine as an addictive drug and cigarettes as drug-delivery devices. The Court ruling came as a result of several legal challenges to the FDA's *Regulations Restricting the Sale and Distribution of Cigarettes and Smokeless Tobacco to Protect Children and Adolescents*, which was enacted on August 28, 1996. This represents a severe blow to the federal government's attempts to protect underage youth from exposure to tobacco products and to Wisconsin's efforts to enforce tobacco sales laws.

Beginning in 1997, FDA had contracted with states to conduct compliance investigations of retailers to determine if they were selling tobacco products to underage youth. According to FDA

reports, compliance activities conducted during this time showed consistently that minors were able to purchase tobacco at one in four (25%) retail establishments. This nationwide statistic is consistent with the Synar compliance check survey conducted by BSAS each year to measure the incidence of such illegal sales. Survey results in Wisconsin have shown noncompliance rates between 22.0 percent and 27.8 percent in years 1997 through 1999.

As a result of the court ruling, FDA cancelled all existing contracts with states for enforcement of the regulations. For Wisconsin, this meant the loss of \$420,000 for enforcement of laws that restrict tobacco sale to minors.

The Alliance Project Seeks to Mobilize the Recovery Community

The national Alliance Project is an effort by a broad cross-section of organizations that share common concerns about the devastating disease of alcohol and drug addiction and the dramatic lack of proper public response to this growing health crisis. Despite the fact that researchers learn more each day about the strong biological and genetic roots of alcohol and drug addiction, stigma and discrimination are still very real, public policy that treats addiction equal to other major diseases is far off, and jails remain the collecting spot for many with addiction.

“The Alliance will work toward this end in two ways,” said Jeffrey Blodgett, coordinator of the Alliance Project Blodgett. “The first is to help shape a message that organizations and activists across the field can unite around—a message focused on changing public opinion and public policy to reflect that (1) addiction is a serious, chronic disease; (2) untreated addiction is a public health crisis; (3) real recovery from this disease happens everyday; and (4) prevention, treatment and further research are answers. The second is to provide assistance to the active recovery community (friends and families) with training, materials and coordination.”

“The Alliance Project will serve as a coordinating point for a united national effort of prevention, treatment, research and recovery groups,” said William Cope Moyers, formerly with the Center for Public Policy at Hazelden and currently, President of the Johnson Institute Foundation in Minneapolis.

The Alliance Project is an outgrowth of the National Leadership Forum, a group of organizations and experts from the addiction field that first met in October 1996 at Hazelden. The Johnson Institute led the development of the Leadership Forum. The Johnson Institute is a major funder of the Alliance. Additional financial support comes from several other organizations, including the Partnership for Recovery (an alliance of Hazelden, Betty Ford Center, Valley Hope Association and Caron Foundation). Detailed information regarding The Alliance is available on their web site at www.defeataddiction.com.

Needs Assessment Planned for those with Sensory Disabilities and Substance Abuse

Changes are underway in the Wisconsin Addictions Treatment Program for Deaf, hard of hearing and deafblind individuals.

From July through December, a needs assessment is being conducted to determine the best use of funds (\$125,000 annually) available for this program.

The needs assessment will consist of a review of necessary best practices as well as community interviews. It will be evaluated by a workgroup of key stakeholders comprised of consumers, providers, and representatives of the deaf, hard of hearing and deafblind communities.

Recommendations made by the work group will be used to develop a new treatment program for people with sensory disabilities and substance abuse.

The Wisconsin Alcohol and Other Drug Abuse Treatment Program for Deaf and Hard of Hearing Individuals, operated by Koinonia and based in Rhinelander is now closed. Clients should seek treatment in their own counties. If you have any questions about the program please contact Jamie McCarville at (608) 267-7712 or e-mail mccarjm@dhfs.state.wi.us.

ATTC Initiative: Internet Access for Every U.S. Counselor by 2001

The Internet has become a vital tool in the fight against substance abuse. The Addiction Technology Transfer Centers (ATTC) funded by the Center for Substance Abuse Treatment (CSAT) are kicking off an exciting new initiative called "Online/Online 2001." The initiative encourages Internet availability for substance abuse counselors. It further calls on treatment and prevention agencies across the nation to provide a computer with Internet access for counselors and field practitioners by 2001.

As part of the campaign, ATTC is offering a specially prepared handbook, *Untangling the Web: A Guide for Treatment Programs*, to help treatment professionals and administrators learn more about how to get the most out of their on-line experience. The ATTC will work individually with facilities and provide information via fax, phone, or through their web site at www.nattc.org.

To learn more about the benefits of Internet access for counselors and to request a free copy of *Untangling the Web: A Guide for Treatment Programs*, call Angie Olson at (816) 482-1165. A continuing project of the ATTC National Office, located at the University of Missouri-Kansas City and the 13 regional ATTCs is the maintenance and creation of web sites. These comprehensive sites are a practitioner's link to current, research-based information in each

of these categories. Wisconsin is part of the Great Lakes ATTC or GLATTC. Their web site is located at www.uic.edu/depts/matec/glattc. GLATTC has been of great help and support to BSAS through the provision of training and information.

Former BSAS Colleague Part of ADA Torch Relay



Elmer "Al" Buss

The Spirit of the Americans with Disabilities Act (ADA) Torch Relay made its way into Region V with a stop in Madison on July 7th and another in Chicago on July 9th. The Great Lakes ADA Center recognized all individuals associated with the efforts that went into making the events a success and those who took time out to join in the celebration.

Bureau of Substance Abuse Services alumni, Al Buss, who has quadriplegia and long-term recovery from substance abuse, was one of the "torch bearers" from Madison. Al was quoted to say: "The ADA has improved the public domain of accessibility – in restaurants and shopping, those kinds of things. The federal and

state governments, however, do not enforce the ADA enough. The federal government hands it off to the state, which hands it off to local government. Raising awareness of the co-existing disability issue would allow more people to seek help and get the resources they need. People can get help," Buss said. "I've been sober now for 20 years."

Al Buss understands the difficulty of dealing with a co-existing disability. "It's seen as such a no-no," Buss said. "And a lot of people with disabilities don't want the additional stigma that comes with it. Not only do I have quadriplegia, but I'm also an alcoholic. It's hard to get a lot of people to come forward."

Al also provided background on his continuing work as a consumer for substance abuse services. He served as president from 1997 to 1999 of the National Association on Alcohol, Drugs and Disability Inc. (NAADD), which has a local office in Wisconsin and promotes awareness and education about substance abuse among people with disabilities. Improving access to substance abuse treatment and community services for alcoholics and addicts with disabilities and disseminating information on alcohol, drugs and disability is just part of the organization's many functions.

Madison showcased its reputation for being a leader in accessibility and technology with an open house at the Kohl Center at UW-Madison. Employment and accessibility were themes of the event.

Other Division of Supportive Living staff who participated in the

Torch Relay are Dan Johnson, Ruth Diehl and Scott Durren.

Betty Ford Center President responds to "The 20/20 Travesty"

The day following the "special edition" of ABC's 20/20 June 7, 2000, program by Nancy Snyderman, Betty Ford Center president and CEO, John Schwarzlose responded with a letter to ABC News president David Westin:

"What could have been a forum for an educated debate fell into a presentation of half-truths and confused concepts." The letter went on to mention that none of the over 10,000 physicians certified in Addiction Medicine was consulted; none of the current biomedical and psychosocial research was presented; and "Misinformation about Alcoholics Anonymous was sprinkled throughout the show which was further compounded by mistakenly lumping treatment centers and AA all under the rubric of 12-step treatment." Mr. Schwarzlose went on to say, "Misinformation, though, we can handle. Criticism we can handle. What really hurt about the 20/20 travesty is the great disservice it did to the millions of men and women in this country who are in recovery, who are valiantly hanging on to their hard-earned sobriety one day at a time. Their brave struggles were devalued in and by your program [as well as] the many alcoholics who have not benefited from treatment who watched the program. Many are going to feel it's okay to keep drinking because, after all, they can "control" their

habit." He also mentioned his frustration in not being able to refute or correct misinformation.

Update on the Minority Training Project (MTP)

The Bureau of Substance Abuse Services (BSAS) provides oversight administration to the Minority Training Project, an ongoing statewide training initiative to support the growth and development of ethnic minority substance abuse professionals. The program is administered through a contract between the BSAS and the Wisconsin Association on Alcohol and Other Drug Abuse, Inc. (WAAODA). Project services are provided through individual consulting agreements with a director, ethnic liaison, training and internship coordinator, and regional career consultants.

Activities of MTP over the past year include:

- Location of the Project's program operations in an accessible professional office in Milwaukee with statewide access to the project through a toll free telephone number.
- Provision of individual professional, educational, certification and career mentoring through a statewide career consulting network. The participant to consultant ratio is approximately 40 participants to each career consultant.
- Continuation of a wide range of learning opportunities that match participants' individual career needs. This includes courses presented on weekends and weeknights to

accommodate flexible learning schedules.

- Conference attendance.
- Formalized educational opportunities.
- Reintroduction of the Professional Internships Program.

In 1999, MTP had an enrollee list of approximately 246 participants. MTP is measuring its success in the progress that the participants complete in following their own individual career plan. In the year 2000, there are 21 participants who are predicted to complete the experience and education to achieve certification as alcohol and drug counselors. Of this group, 12 are African American, 5 Native American, 2 Hispanic, 1 each Puerto Rican and Asian. Their education ranges from 12 who have a high school diploma or equivalency and specific MTP course work, 2 with a two-year technical/associate degree, 4 with some college coursework and 3 with masters degrees. There are 10 individuals who have been employed in the AODA field for 3-10 years and two individuals with more than 10 years.

The following information on the following page presents MTP participant statistics:

	Particip ants	Gen. Pop.
Gender		
Female	62%	51%
Male	38%	49%
Ethnicity		
African American	64%	65%
Native American	18%	10%
Hispanic	14%	11%
Asian	4%	14%
WI Geographic Area		
Northern	22%	16%
West Central	2%	8%
East Central	3%	17%
Central	30%	24%
South Eastern	7%	16%
Milwaukee	36%	19%

Education:

HSD, GED and Specific MTP course work	12
2 yr technical /associate degrees	2
College Coursework	4
Master Degree	3

Ethnic Status:

African American	12
Native American	5
Hispanic	2
Puerto Rican	1
Asian	1

Years of Employment in the Substance Abuse Field

0-2 years	0
3-10 years	19
10 on up	2

For further information regarding MTP opportunities, please contact the Project Manager, Dr. Mirtlean Jenkins, at 2040 W. Wisconsin Avenue, Milwaukee, WI 53233. Dr. Jenkins' phone number is (414) 934-0987.

BSAS Staff News



Sherry Colstad (L) and Valerie Payne

Sherry Colstad

Sherry joined BSAS in May and is the new Program Resource Consultant working with budgets and fiscal management. Sherry comes to the Bureau from the UW-Madison, Department of Landscape Architecture where she was a financial specialist. She fills the position vacated by Gordy Brandt when he retired.

Valerie Payne

Valerie joined BSAS in April and is the new State Council Planner, a position previously held by Carolyn Trees. Valerie worked in BSAS and the Bureau of Community Mental Health in 1992 and 1995 before beginning a career in banking at the M&I Bank in Madison. Valerie staffs the Planning and Funding Committee of the State Council on Alcohol and Other Drug Abuse (SCAODA) as well as preparing the federal block grant application and legislative review.

Angeni Tapscott

Geni Tapscott will be working with the Bureaus of Community Health and Substance Abuse Services on the Mental Health/Substance Abuse managed care initiative. Geni replaces Sharon Sinclair.

McCullough Honored

Philip McCullough was awarded the President's Award "for extraordinary leadership and support of prevention and treatment in the field of alcohol and other drug abuse," on June 6, 2000, at the joint meeting of the National Association of State Alcohol and Drug Abuse Directors, Inc. (NASADAD) and National Prevention Network (NPN) in Reno, Nevada.

NASADAD serves as a focal point for the examination of alcohol and other drug related issues of common interest to other national organizations and federal agencies, such as the Substance Abuse and Mental Health Services Administration (SAMHSA) and its centers on substance abuse treatment and prevention (CSAT and CSAP), other executive branch agencies; the Congress; National Associations; and individuals in their dealings with the States.

At the recent CSAT 2000 National Conference in Florida, Dr. Nelba Chavez, Administrator of SAMHSA, in her opening remarks to the Conference, recognized McCullough's leadership in the field of substance abuse and Wisconsin's innovative work in the development of women-specific treatment.

In May, McCullough received recognition from his own state as well. At the annual conference of the Wisconsin Association on Alcohol and Other Drug Abuse (WAAODA), the statewide consumer organization, he received the President's Award for excellence from President Bill Stone. Mr. Stone also included recognition of all the BSAS staff along with Phil's leadership.

Michael J. Bohn, M.D., Consultant to BSAS

Dr. Michael Bohn has been instrumental to BSAS in its recent Research to Practice initiative, specifically through research on the brain relative to changes brought about by addiction. Dr. Bohn has presented this topic widely through the BSAS teleconference project, to the SCAODA and the Department of Health and Family Services. Dr. Bohn is the Clinical Assistant Professor of Psychiatry at UW Medical School, Medical Director of Gateway Recovery, a Madison substance abuse treatment program, Research Physician at Dean Foundation for Health Education and Research, and addictions consultant to WPS Insurance Company.

Group Home Loan Program

The Wisconsin Department of Health and Family Services continues to administer a federally mandated loan program (under the Anti-Drug Abuse Act of 1988) intended to assist groups of six or more recovering individuals in obtaining housing. The guidelines for the loan program are as follows:

1. Loans may not exceed \$4000 and will be made at the prevailing rate at a designated banking institution and must be repaid not later than two years after the date on which the loan is made.
2. The loaned amount shall be used exclusively to pay for the cost of housing for recovering persons, and may be used only for the following purposes: security deposit, first month's rent, furniture purchase or

rental, home modifications (such as conversion of a basement into an extra bedroom), the purchase of amenities which foster group living such as a dishwasher, subject to the approval of the administering agency (WARF); and any other purpose reasonably related to acquisition, modification, maintenance, repair or furnishing of the home.

3. To be eligible for a loan, applicants must agree in writing to the following: maintain the house as an alcohol and drug-free environment; residents of the house will remain alcohol and drug-free whether they are in the house or not; any resident of the house who violates the alcohol and drug-free requirement will be expelled from the house; the costs of the housing, including rent and utilities, will be borne by the residents; and that the house will be operated by the residents in a self-run, self-supported manner through shared decision-making. It is not necessary for an applicant group to acquire sponsorship or be affiliated with a treatment, rehabilitation, or other program in order to be eligible for a loan.

Interested applicants should contact Sherry Colstad at (608) 267-7306 or e-mail: colstsl@dhfs.state.wi.us.



On the Internet

New Internet resource called www.TeenCentral.net helps teens deal with substance abuse, violence and other stresses brought on by society and peers, the Philanthropy News Network reported July 14. "It's crises intervention at its best," said Dr. Lewis Lipsitt, a Brown University professor who helped develop the site. "It's immediately responsive and immediately available."

What We're Reading

Addiction Intervention: Strategies to Motivate Treatment-Seeking Behavior, Editors: Robert K. White, MA, CEAP and Deborah George Wright, MA. The Haworth Press, Inc. 1998, 154 pages.

Having just completed an Evelyn Woods Reading Dynamics Class, I was delighted that this book fell into the EW format I'd learned. First, its covers contain information about what to expect. "Addiction Intervention" is designed to help you refine and sensitize your approaches for confronting, motivating, and treating persons with drug and alcohol dependencies . . ." The review by Dale E. Masi, DSW says, "This book is a comprehensive approach to

intervention. Rather than selecting one approach, be it family, legal, or job, the authors have wisely and succinctly given the reader all the alternatives in one package. A 'must' for one's library."

From my *EW* overview, I note that the chapters in the table of contents contain sub-content, so you can select an area specific to your interest. And a real boon is that most chapters end with a summary, so you can further find out about the chapter and if it's what you're looking for without wasting time. There are many references listed, and it's a small enough book to be thought of as a "handbook," and used easily.

The clincher for me was the marvelous "foreword" written by Paul Wood, Ph.D., President of the National Council on Alcoholism and Drug Dependence, Inc., which I quote in part: *"The problem is how do we get people who are dying, who do not believe they are dying, who fight the slightest inkling they are dying, to believe that they are dying and accept help which will save their lives?"*

The authors, Wood goes on, have extended methodology of "raising the bottom" developed by Vernon Johnson so addicted individuals could make the decision to surrender and accept help before they had lost everything. And isn't helping people recover what we're really all about?

Conferences

September 13-14, 2000. *The Challenge of Change,* the Bureau of Aging & Long Term Care Resources Community Options Program/Long Term Support

Conference. Country Inn, Waukesha. Registration is \$60/day, 2 days for \$100. To receive the conference lodging rate, reserve by Saturday, August 12 and indicate you are part of the conference. Call 1-800/247-6640. Group rates for either single/double are \$89. Complete agenda and Registration form will be mailed the end of July. If you wish further information, contact the Bureau on Aging and Long Term Care Resources at (608) 266-7498.

September 29, 2000. *Recovery: Healing Mind, Body and Spirit.* The 9th Annual Conference on Women, Addiction and Recovery. Stoney Creek Inn and Conference Center, Wausau. 1-800/659-2220. Keynote by H. Westley Clark, M.D., Director of the Center for Substance Abuse Treatment. Breakouts include Medication in Recovery, Spiritual Tradition of African-American Women, Women, Recovery & Corrections and others. Registration is \$79. For additional information contact Chris Dunleavy, WWEN, 610 Langdon St., Rm 516, Madison, WI 53703, FAX: 608/265-3352.

October 9-11, 2000. 6th Annual Statewide Meeting on Substance Abuse, Heidel House, Green Lake, WI. Topics will include Research to Best Practice and Methamphetamine. For more information, see enclosed brochure or contact Marcia Daly at 608/266-1255.

December 1-2, 2000. *Women Healing* Holiday Inn Mart Plaza, Chicago. This is the third year that Hazelden, the Betty Ford Center and Caron Foundation have sponsored this series of conferences for recovering women and professionals. For more information, contact Hazelden at

(888) 257-7800, Ext. 4429 or 4462 or visit the Hazelden web site at www.hazelden.org.

Rules

(From page 1.)

- Distribution of information about HFS 75 to people in the substance abuse field through DSL memo series.
- Training for staff in the DSL Bureau of Quality Assurance (BQA) Program Certification Unit on how the new rules should be applied in certification reviews
- Working in cooperation with BQA in the development of a process for certifying and de-certifying providers of substance abuse services.
- Training of Wisconsin Certification Board staff on the areas of the rules they are responsible for implementing, such as clinical supervisor certification, changes in the counselor certification that applies to gender, age, and assessment and treatment planning that is responsive to cultural and disability issues.
- Development of Uniform Placement Criteria (UPC) for adolescent and methadone client levels of care initial placement, transfer between levels of care, and discharge from treatment.
- WI-UPC training for providers who missed initial training sessions. Additionally, orientations will be presented on a regional basis, for both regional office staff and substance abuse providers. There is a minimal charge to providers to cover the costs of trainers and training materials.

Moderation

(From page 3)

Further, MM in no way attempts to do away with abstinence as a treatment goal. Indeed, MM is not treatment but self-help.

With support from many knowledgeable people in this field, MM (1) regards moderation as a viable approach for some problem drinkers, (2) is a way to reach people with drinking problems who would not otherwise come for help (a very large group), (3) engages people in beginning to work on their drinking, and (4) provides a framework within which some people discover that moderation is not a realistic option for themselves and, thereby, come to accept abstinence as a better personal goal. About one third of people involved with MM have gone on to abstinence.

“MM nationally and in Madison will go on. The ideas in Kishline's book, *Moderate Drinking*, were not her creation. Rather, she collected from experts ideas and approaches proven to work in controlled research and studies of “natural recovery.” These ideas and results remain valid even if Kishline failed to apply them. We need not throw them out anymore than we would reject the Ten Commandments because a famous clergyman was caught violating them.”

Further information about Moderation Management and statements about the Kishline accident are available at the Moderation Management web www.moderation.org.

Elephant

(From page 4)

felt very prepared to identify high blood pressure, 82 percent to diagnose diabetes and 44 percent to identify depression.

The center said 58 percent of doctors don't discuss substance abuse because they believe their patients lie about it. Some 35 percent listed time constraints, and 11 percent were concerned they wouldn't be reimbursed for the time necessary to screen and treat a substance abusing patient.

Another story reported “*Insurance Policies Discourage Doctors from Counseling Alcoholic Patients.*” Dr. Frederick Rivara, a University of Washington professor, director of the Harborview Injury Prevention and Research Center, and the study's lead investigator, reported that 50 percent of trauma patients had positive blood alcohol levels at the time of their injuries, making impairment caused by alcohol consumption a leading factor in trauma. “Our research has found the brief, motivational interventions in the trauma center setting can be effective in reducing the patient's drinking afterwards,” Dr. Rivara noted. “Unfortunately, Dr. Rivara went on, “physicians’ concerns about the implications of screening for alcohol abuse appear to be based on the firm legal reality that exists in most states: that an insurance carrier can deny a claim for coverage of injuries sustained under the influence of alcohol, just as the carrier can deny coverage for self-inflicted wounds after a suicide attempt.”

There is, unfortunately, striking similarity in these stories relating to

different studies. Primary care physicians feel unqualified on the one hand and discouraged by insurance companies who may deny coverage on the other.

The recommendations made from these studies include the following:

- Changing state laws to prevent exclusion from coverage for alcohol-related injuries.
- Requiring screening of all trauma patients.
- Assigning chemical dependency counselors to screen all patients since federal confidentiality regulations protect information collected by personnel whose main function is substance abuse screening.
- Increased education programs for doctors in diagnosing and treating substance abuse.
- Urge state licensing boards to require such training.
- Call on Medicare, Medicaid, private insurers and managed care to expand coverage for SA treatment.

... and the rest of the story:

The “Benefits of Red Wine” stories usually in bold headlines are about transResveratrol or Res, a key cancer-fighting substance. Res is found in red grapes as well as mulberries, raspberries, peanuts, muscadine grapes and other fruits and nuts.

“Moderate Drinking Reduces Mental Deterioration” but the National Institute on Aging defines this as one alcoholic drink a day only and cautions that “the health risks of any drinking may outweigh any potential benefits for many elderly persons.”

SUBSTANCE ABUSE SERVICES

Department of Health & Family Services
Division of Supportive Living
Bureau of Substance Abuse Services
1 West Wilson St., P.O. Box 7851
Madison WI 53707-7851

First Class Mail
U.S. Postage Paid
Madison, WI
Permit No. 1369

Changing Your Address?

Please detach the portion of this page with your mailing label. Correct the address (or if wish to be removed from the mailing list, note that) and mail in envelope to: SA News, P.O. Box 7851, Madison, WI 53707-7851. Thank you.

Find Bureau of Substance Abuse Services
on
The Internet:
www.dhfs.state.wi.us/substabuse/index.htm

ADDRESS SERVICE REQUESTED
